

**Claims**

What is claimed is:

1. A food composition to be consumed by a living object, said food composition comprises anchovy, wherein the anchovy has reduced concentration of heavy metals; wherein the concentration of heavy metals in anchovy is reduced by a method that comprises soaking and washing the anchovy in an aqueous solution; and wherein the soaking and washing are done by changing the aqueous solution in preset intervals.
2. A food composition to be consumed by a living object, said food composition comprises anchovy, wherein the anchovy has reduced concentration of heavy metals; wherein the concentration of heavy metals in anchovy is reduced by a method that comprises soaking and washing the anchovy in an aqueous solution; and wherein the soaking and washing are done by continuously running the aqueous solution over the anchovies.
3. The food composition of claim 1 or 2, wherein the heavy metal is arsenic.
4. The food composition of claim 1 or 2, wherein the anchovy is in the form of a dry powder.
5. The food composition of claim 1 or 2, wherein the living object is human.
6. The food composition of claim 1 or 2, wherein the aqueous solution is fresh water.
7. Anchovy processed to be consumed by a living object, said anchovy has reduced concentrations of heavy metals; wherein the concentration of heavy metals in anchovy is reduced by a method that comprises soaking and washing the anchovy in an aqueous solution; and wherein the soaking and washing are done by changing the aqueous solution in preset intervals.

8. Anchovy processed to be consumed by a living object, said anchovy has reduced concentrations of heavy metals; wherein the concentration of heavy metals in anchovy is reduced by a method that comprises soaking and washing the anchovy in an aqueous solution; and wherein the soaking and washing are done by continuously running the aqueous solution over the anchovies.
9. The anchovy of claim 7 or 8, wherein the heavy metal is arsenic.
10. The anchovy of claim 7 or 8, wherein the living object is human.
11. The anchovy of claim 7 or 8, wherein the aqueous solution is fresh water.
12. A dry anchovy powder to be consumed by a living object, the powder having reduced concentration of heavy metals; wherein the concentration of heavy metals in anchovy powder is reduced by a method that comprises soaking and washing the anchovy in an aqueous solution; and wherein the soaking and washing are done by changing the aqueous solution in preset intervals.
13. A dry anchovy powder to be consumed by a living object, the powder having reduced concentration of heavy metals; wherein the concentration of heavy metals in anchovy powder is reduced by a method that comprises soaking and washing the anchovy in an aqueous solution; and wherein the soaking and washing are done by continuously running the aqueous solution over the anchovies.
14. The dry anchovy powder of claim 12 or 13, wherein the heavy metal is arsenic.
15. The dry anchovy powder of claim 12 or 13, wherein the living object is human.
16. The dry anchovy powder of claim 12 or 13, wherein the aqueous solution is fresh water.

17. A method for reducing the concentration of heavy metals in anchovy prior to be consumed by a living object, said method comprising of soaking and washing the anchovy in an aqueous solution, the soaking and washing are done by changing the aqueous solution in preset intervals .

18. A method for reducing the concentration of heavy metals in anchovy prior to be consumed by a living object, said method comprising of soaking and washing the anchovy in an aqueous solution, the soaking and washing are done by continuously running the aqueous solution over the anchovies.

19. The method of claim 17 or 18, wherein the anchovy is semi-dry.

20. The method of claim 17 or 18, wherein the aqueous solution is fresh water.

21. The method of claim 17 or 18, wherein the heavy metal is arsenic.

22. The method of claim 17 or 18, wherein the living object is human.

23. A method for manufacturing a dry anchovy powder to be consumed by a living object, wherein the dry anchovy powder has reduced concentration of heavy metals, the method comprising the following steps of:

picking and choosing clean semi-dry anchovies with good quality;  
soaking and washing the semi-dry anchovies in aqueous solution;  
drying the soaked and washed anchovies; and  
making the dry anchovy powder;

wherein the soaking and washing is done by changing the aqueous solution in preset intervals.

24. A method for manufacturing a dry anchovy powder to be consumed by a living object, wherein the dry anchovy powder has reduced concentration of heavy metals, the method comprising the following steps of:

picking and choosing clean semi-dry anchovies with good quality;  
soaking and washing the semi-dry anchovies in aqueous solution;  
drying the soaked and washed anchovies; and  
making the dry anchovy powder, wherein the soaking and changing is done by  
continuously running the aqueous solution over the anchovies.

25. The method of claims 23 or 24, wherein the aqueous solution is fresh water.
26. The method of claim 23 or 24, wherein the heavy metal is arsenic.
27. The method of claim 23 or 24, wherein the living object is human.